

Message from the City Safety Officer, Mike Alio

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Monthly Safety Awareness

- *Eye Injury Prevention month — August 1-31, 2005*



Who Got Caught this Time?

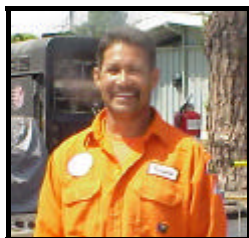
Since the official roll-out of the Safety Program Promotion in April 2005, there has been heightened awareness throughout the City regarding the safety of employees, property, and the environment. Extra emphasis has been placed on getting information to employees, and on the implementation of safety policies and programs.

One aspect of the Safety Program Promotion is looking for and acknowledging positive safety performance. This simply means catching employees doing something right, with regard to safety.

Last month, the City Manager's Office was acknowledged for assembling a safety bulletin board with all the required posting information. This month, we are pleased to say we caught Fermin Gracian, from Long Beach Energy's Gas Services Main/Service crew, working safely.



Fermin was assisting a crew, who was installing a gas service line in the field, by welding fittings. In addition to a welding helmet, Fermin was wearing gloves to protect his hands, as well as ear plugs to protect his hearing from the sound of the generator. In between welds, Fermin noticed our camera on him, so he contacted us to make sure that we avoided looking directly at the arc as he was welding. Not only was Fermin concerned about his safety but also the safety of those around him!



A **Service First, Safety Always** stainless steel coffee mug was awarded to Fermin for being "caught in the act" of working safely.

CONGRATULATIONS FERMIN!!

Thank you for your "Service First, Safety Always attitude and actions.



CHILDREN AND SPORTS-RELATED INJURIES

by Laurie Browning, Safety Officer, Department of Parks Recreation and Marine

Summer is peak season for children's organized sports such as baseball, basketball, and soccer. Unfortunately, it is also peak season for sports-related injuries to young bodies and limbs. If you are in charge or responsible for any of these activities or have a child who is participating in them, the American Academy of Orthopedic Surgeons (AAOS) has an interesting study you may want to consider. Here are some of the highlights:

While participating in sports, kids are more susceptible than adults to injuries. Part of the reason is physical. Young athletes are not merely small adults - there are marked differences in coordination, strength, and stamina between a youth and an adult. In addition, their bones, muscles, tendons, and ligaments are still growing. That makes them more vulnerable to fracturing, rupturing, and tearing.

Young athletes of the same age can differ greatly in size and physical maturity. Some may be physically less mature than their peers and try to perform at levels for which they are not ready. Increases in body size may be due to fat and not muscle, causing significant differences in strength.

Part of children's vulnerability is attitudinal. "Children often believe they're invincible when participating in familiar sports or recreational activities," says James H. Beaty, MD, pediatric orthopedic surgeon and second vice-president of the AAOS. The combination of tender bones and reckless attitudes is a recipe for injury, notes Beaty.

Parents and athletic coaches should try to group youngsters according to skill level and size, not chronological age, particularly during contact sports. If this is not practical, they should modify the sport to accommodate the needs of children with varying skill levels.

The AAOS study also lists common sense precautions that adults can take to prevent kids from suffering sports-related injuries:

- Make sure that all kids who participate, know and follow the rules of the sport;
- Make kids wear appropriate protective gear, such as shin guards for soccer and helmets for baseball, bike riding and skating;
- Apply sunscreen with broad spectrum SPF 15, or higher, 30 minutes before the kids go outdoors and reapply as needed;
- Make sure kids know how to use the equipment properly and check it before use;
- Make sure kids warm up properly before engaging in the activity;
- Don't let kids keep playing when they're extremely tired or clearly in pain; and
- On hot days, make sure there are plenty of rest breaks and that kids stay hydrated.



Respect the Power of Electricity

- Never alter plugs to make them fit sockets.
- Inspect electrical cords and plugs before use. Replace or repair those that are worn or damaged.
- When working outside, use only extension cords that are specifically rated for outdoor use.
- Isolate all potential energy sources whenever you perform troubleshooting, maintenance or repair.



Think Safety With
Electrical
Equipment

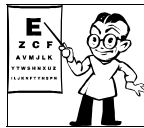


How To Avoid Eye Strain

By David Lee, PT and Dr. Karen Jacobson, DPT, Care Evaluators, LLC

Do your eyes feel blurry, tired and irritated after a long day at work? If so, you may be experiencing eye strain. Eye strain occurs when you overuse your eye muscles. Activities such as prolonged reading, computer monitor viewing, and watching television cause your inner eye muscles to tighten up, causing eye strain. Here are a few tips to help your eyes feel more comfortable at the end of the day:

- 1) **Take Breaks:** Take a vision break after each hour of working at the computer. Look out the window or at another object across the room to give your eye muscles a chance to relax.
- 2) **Reduce Glare:** Too much glare on your computer monitor can make your eyes feel uncomfortable. Common causes of glare include bright lights from overhead fluorescent lights and windows. To reduce glare at your workstation, close blinds and turn off some of the overhead fluorescent lights, if possible.
- 3) **Adequate Lighting:** Inadequate lighting causes you to squint and strain your eye muscles. Use a task lamp to directly illuminate what you need to see in front of you, especially if you need to read small print.
- 4) **Proper Monitor Distance and Height:** Make sure your computer monitor is not too far away from you. In general, the distance between your monitor and your eyes should be between 24-28 inches. The top 2 inches of your monitor should be lined up with the height of your eyes.
- 5) **Keep Your Monitor Clear of Distractions:** Remove distractions such as stuffed animals or sticky notes from your monitor.
- 6) **Get an Eye Exam:** Get an eye exam every year to make sure your eyes are healthy and you can see properly through your glasses or contact lenses.



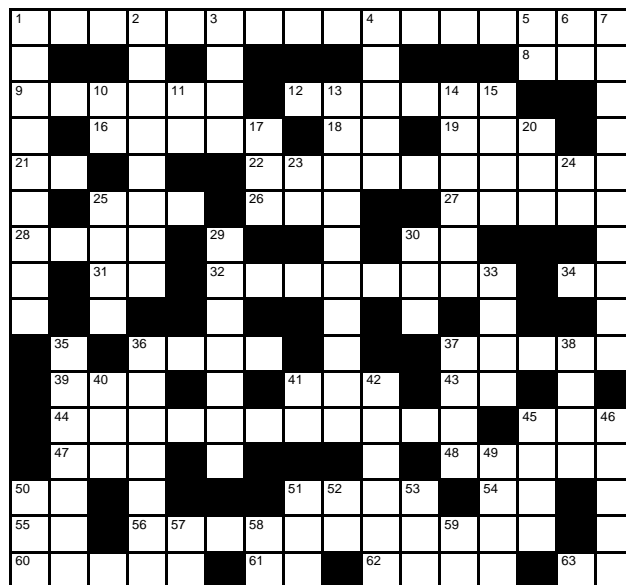
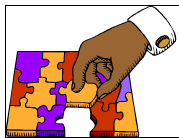
Healthy Computing Email Tip 414: Clear Vision—How To Increase Clear Vision

Excerpts from the Institute of Holistic Healing Studies and Human Resources,
Erik Peper, Ph.D. & Katherine Hughes Gibney

- Blink frequently when looking at the monitor. This helps because the blinking rate decreases approximately 70% when we focus on the screen as compared to when we relax. Remember to blink the end of every paragraph or with every mouse click.
- Adjust the height of your monitor so that the top of the screen is at or just below the height of your eyes. When looking straight ahead or upwards at the monitor, our eyes tear less and the corneal surface dries. When looking slightly down, our eyelids will sweep down the whole eyeball when you blink. This moistens the cornea instead of only the upper eyeball.
- Look out a window (if possible) at a distant tree or lawn when taking a break to think or talk on the telephone. Green is a soothing color for the eyes. If you don't have access to a window, decorate your work area with green plants that you can look at during your vision breaks.
- Adjust and correct other factors that influence vision such as glare, reflections and wearing the correct prescription glasses.

Across

- 1 Should change when worn (two words)
 8 Age
 9 What you must do when given a choice
 12 Snow grabbers
 16 Mound
 18 Elevated (abbr.)
 19 Augment (archaic)
 21 Customer teaser
 22 Essential for nighttime breakdowns
 25 Change every 3k
 26 What antenna balls were
 27 Type of roads you need chains for
 28 Similar
 30 ___ and behold
 31 Considerable (abbr.)
 32 Improper driving technique creates one of these
 34 Person most responsible for your safety
 36 Helps you drive while in back
 37 How you should be when driving
 39 Garland
 41 And so on
 43 Inky (abbr.)
 44 Always check regularly
 45 Restitution (abbr.)
 47 And not
 48 Ankles
 50 Drive defensively and this is how you'll arrive
 51 May your breaks never do this
 54 Travel
 55 Delaware (abbr.)
 56 Never remove hot
 60 Hide
 61 Atop
 62 Scatters
 63 Yes



Down

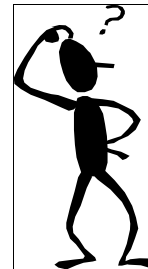
- 1 How you feel when you almost run off the road (2 words)
 2 Ruins your driving ability
 3 Just below 48 across
 4 Older radio controls
 5 Wh _ _ l
 6 Makes fuel trucks stop (abbr.)
 7 Air bag complement
 10 Examine (abbr.)
 11 Act
 13 Keep these clean
 14 Type of hold
 15 Derm (common form)
 17 _ea_ cover comes in the _all
 20 What prevents some drinkers from handing over their keys
 23 The 6th tone of the diatonic scale
 24 _igh_ay
 25 What bad gaskets make your driveway
 29 Should have a CCA of at least 250
 30 Rent
 33 Extent of destruction
 35 Keep one in your trunk
 36 Use before passing
 37 Incite
 38 Hits
 40 Famous farmer chant
 41 Einsteinium
 42 Rare Knickknack
 45 Support
 46 Don't drive if you feel this way
 49 _ _ _ _ can should not be stored in your truck
 50 Overdosed
 51 Keep an extra belt for this
 52 There
 53 Slow music: _ a _ g _
 57 Surprised sound
 58 _ _ U
 59 Left to right (abbr.)



Send your responses to the Safety Office to participate in our prize drawing. All correct answers will be put into a pool for 3 winners. Each month we will run a game for prizes.

(Deadline to submit answers to the crossword puzzle is August 26, 2005).

Good Luck!



Reprint from Richard Hawk, Inc, Safety & Health Puzzles



 Name

 Department, Bureau and Division

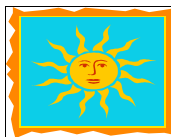
 Phone Number or Extension

Automobile Safety Crossword Puzzle August 2005

OSHA OFFERS TIPS FOR WORKING IN HOT WEATHER

By May Jong, Safety Training Coordinator

WASHINGTON—The sun brings special hazards for those working outdoors. To help employers and workers stay safe throughout summer months, OSHA offers tips that can help prevent heat-related deaths, illnesses, and injuries.



Work smart during
the summer
months

The combination of heat, humidity and physical labor can lead to fatalities. The two most serious forms of heat-related illnesses are heat exhaustion (primarily from dehydration) and heat stroke, which could be fatal. Signs of heat exhaustion or heat stroke need immediate attention. Recognizing those warning signs and taking quick action can make a difference in preventing a fatality.

Keep cool during the summer months by:

- Acclimatize yourself and fellow workers by exposing them to work in a hot environment for progressively longer periods.
- Replace fluids by providing cool (50° - 60°F) water or any cool liquid (except alcoholic beverages) to workers and encourage them to drink small amounts frequently.
- Reduce the physical demands of the job by reducing physical exertion such as excessive lifting, climbing, or digging with heavy objects.
- Provide recovery areas, such as air-conditioned enclosures and rooms, and provide intermittent rest periods with water breaks.
- Reschedule hot jobs for the cooler part of the day. Routine maintenance and repair work in hot areas should be scheduled for the cooler seasons of the year.
- Monitor workers who are at risk of heat stress, such as those wearing semi-permeable or impermeable clothing when the temperature exceeds 70°F, while working at high metabolic loads (greater than 500 kcal/hour).

For more OSHA tips, regulations, and the latest information, please visit: <http://www.complianceregs.com>

KEEP SAFE AND COOL THIS SUMMER!

Did you know..... New Driving Regulations—Class A, Class B or Commercial Class C

By Dino Perugino, Consultant and Instructor for Commercial Transportation Services (CTS)

On July 31, 2002, the Federal Motor Carrier Safety Administration (FMCSA) issued a final rule that included changes to the disqualification regulations for drivers who have a commercial driver's license (CDL). This rule will become effective in California on September 30, 2005.

As of September 30, 2005, a driver holding a commercial drivers license (CDL) can be disqualified from driving a commercial motor vehicle (CMV) if convicted of certain offenses while driving any type of vehicle; this includes your personal Class C vehicle. Actions that can cause you to lose your CDL include: operating while intoxicated, leaving the scene of an accident, reckless driving, excessive speeding; driving a CMV without a CDL, violating an out-of-service order, or violating a railroad-highway grade crossing law.



Did you also know that a driver convicted of operating a CMV in violation of a federal, state or local law or regulations pertaining to any of six railroad-highway grade crossing requirements listed in Sec. 383.51(d) is subject to the following disqualification period: First violation: at least 60 days. Second violation during a three (3) year period: at least 120 days. Three or more violations in a three (3) year period: at least one (1) year.

The court may not order or permit a person who holds a Class A, Class B or Commercial Class C drivers license to complete a traffic violators school or any other court-approved program of driving instruction, in lieu of adjudicating any traffic offense. Any person who holds a commercial driver's license and operates a noncommercial vehicle on a highway at a speed exceeding a posted speed limit by 15 miles per hour, is guilty of an infraction and shall be considered as a serious traffic violation. First conviction is a one-year disqualification.

It is important for drivers to understand the requirements. Even though states have until September 30, 2005, to be in compliance, violations committed as of the regulation's effective date, September 30, 2002 could be counted against a driver.

Commercial Transportation Services (CTS) can provide the appropriate training for city departments. This training is intended to inform drivers on how the disqualification regulations can affect their careers....whether the offense was committed in a company or personal vehicle.



August 2005
Citywide Employee Safety Training Calendar
 (Schedule as of July 26, 2005)

Service First
Safety Always

Date(s)	Course	Time(s)	Location
August 3	Asbestos – Transite (4 hrs) 2-sessions	7:00 am – 11:00 am 11:30 am—3:30 pm	Water Department, 1800 E. Wardlow Rd., Assembly Room NOTE: For Water employees
August 9	Workzone & Traffic Control (8 hrs)	7:30 am – 4:30 pm	Harbor Department, 925 Harbor Plaza NOTE: For Harbor employees
August 10	Workzone & Traffic Control (4 hrs) AM/PM sessions	7:45 am – 11:45 am 12:30 pm – 4:30 pm	Harbor Department, 925 Harbor Plaza NOTE: For Harbor employees
August 11	Workzone & Traffic Control (4 hrs)	7:45 am – 11:45 am	Harbor Department, 925 Harbor Plaza NOTE: For Harbor employees
August 11	Bloodborne Pathogen (Module 3) (3 hrs)	7:45 am – 11:00 am	PW/EDC Classroom, 2929 E. Willow Street
August 16	Workzone & Traffic Control (4 hrs)	7:45 am – 11:45 am	Harbor Department, 925 Harbor Plaza NOTE: For Harbor employees
August 17 – 19	Defensive Driver's Training (4 hrs) AM/PM sessions	8:00 am – 12:00 pm 12:30 pm – 4:30 pm	Harbor Department, 925 Harbor Plaza
August 17	Asbestos—Transite (4 hrs) 2—sessions	7:00 am—11:00 am 11:30 am—3:30 pm	Water Department, 1800 E. Wardlow Rd., Assembly Room NOTE: For Water employees
August 17	Workzone & Traffic Control (4 hrs)	7:45 am – 11:45 am	Harbor Department, 925 Harbor Plaza NOTE: For Harbor employees
August 18	Workzone & Traffic Control (4 hrs)	7:45 am – 11:45 am	Harbor Department, 925 Harbor Plaza NOTE: For Harbor employees
August 23	Chainsaw Training (4 hrs)	8:00 am – 12:00 pm	Water Department, 1800 E. Wardlow Rd. Assembly Room NOTE: For Water employees
August 24	Walking Into Someone's Home (WISH) (8 hrs)	7:00 am—3:30 pm	Water Department, 1800 E. Wardlow Rd. Assembly Room NOTE: For Water employees
August 25	First Aid (Module 2) (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm 12:30 pm – 4:30 pm	American Red Cross, 3150 E. 29 th Street, Classroom 2
TBD	Asbestos Supervisor (8 hrs)	TBD	TBD
TBD	Asbestos Supervisor Refresher (8 hrs)	TBD	TBD
TBD	Weapons of Mass Destruction (Module 5) (3 hrs)	TBD	TBD
TBD	Lead Abatement Worker Refresher (4 hrs)	TBD	TBD



- **NOTE:** Course dates and time are subject to change without notice.
- Please be advised that HR will request a JV charge point from departments who have employees signed up for training and do not show up for the class.
- If you have any questions, please contact May Jong, Risk Management @ may_jong@longbeach.gov

Safety is Everybody's Business



City of Long Beach
Department of Human Resources
Risk Management, Safety Office
333 W. Ocean Boulevard, 10th Fl.
Long Beach, CA 90802
Phone: (562) 570-6476
Office Hours: Monday-Friday
7:30 am—4:30 pm

We're on the web!!
<http://clbnet/hr/safety/default.asp>

Service First
Safety Always



City of Long Beach
City Safety Office Staff



Michael Alio, Acting Risk Manager &
City Safety Officer..... (562) 570-6476

Tristina Meche
Safety Specialist.....(562) 570-5892

May Jong
Training Coordinator.....(562) 579-5059

Loida Garcia
Clerk Typist III.....(562) 570-6552

Answers to Fun In The Sun Quiz

1. One symptom that a person has been out in the sun/heat too long is muscle cramps.
2. When you plan to be out in the sun (especially if for more than 20 minutes) you should always put on a sunscreen or a sunblock.
3. Because water magnifies the power of ultraviolet rays, sunscreen is especially important if you're swimming.
4. Even if your sunscreen is waterproof, it's still a good idea to reapply it after leaving the water, to ensure full protection.
5. Overexposure to the sun can cause skin cancer.
6. The most intense sun radiation occurs between 10 AM and 2 PM.
7. Most sunscreens are labeled with a sun protection factor.
8. There are benefits from exposure to the sun. Vitamin (D) is produced. However, the damage from overexposure easily outweighs any benefits.
9. Besides causing skin cancer, ultraviolet rays can also cause the skin to wrinkle.
10. Cement also reflects the sun.
11. When you're not swimming, wear a hat with a brim to protect your head and neck.
12. Never use a sun reflector or forget your head, especially if your hair is thinning.
14. Seek out shade, but remember that beach umbrellas do nothing against rays reflected off sand and sea.



Winners for the July Safety Quiz are: Katrina Reynolds, PD/Payroll; Erica Vance, PD/Support, and Sashi Muralidharan, CD/Housing Services.

Congratulations to each of you. You have won a "Service First, Safety Always" Coffee Mug.